

FAKTOR YANG BERHUBUNGAN DENGAN KEPATUHAN MINUM OBAT HIPERTENSI DI WILAYAH KERJA PUSKESMAS SEGERI

Factors Associated with Medication Adherence of Patients with Hypertension in Segeri's Health Center

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ABSTRAK

Angka kejadian hipertensi terus meningkat menjadi kekhawatiran di seluruh dunia. Kepatuhan minum obat merupakan kunci pengendalian hipertensi guna mencegah komplikasi. Penelitian bertujuan mengetahui faktor yang berhubungan dengan kepatuhan minum obat penderita hipertensi di wilayah kerja Puskesmas Segeri Kabupaten Pangkep tahun 2015. Jenis penelitian adalah observasional analitik dengan desain *cross sectional study*. Populasi adalah semua penderita hipertensi sebanyak 283 orang. Pengambilan sampel menggunakan *systematic random sampling* sebanyak 134 orang. Data dianalisis secara *univariat* dan *bivariat* menggunakan uji *chi-square*. Hasil penelitian menunjukkan karakteristik responden terbanyak adalah umur 60-74 tahun sebanyak 41,8%, jenis kelamin perempuan 69,4%, pendidikan akhir SD 53,7%, bekerja sebagai ibu rumah tangga 40,3%, telah menikah 96,3%, dan berpendapatan rendah 80,6%. Prevalensi penderita yang patuh minum obat adalah 41,8% dan yang tidak patuh sebesar 58,2%. Hasil uji *chi-square* menunjukkan ada hubungan antara tingkat pengetahuan ($p=0,019$), dukungan keluarga ($p=0,005$) dan dukungan petugas kesehatan ($p=0,025$) dengan kepatuhan minum obat. Faktor umur, status pekerjaan, pendapatan, lama menderita hipertensi dan jenis terapi antihipertensi tidak berhubungan dengan kepatuhan minum obat ($p>0,05$). Kesimpulan penelitian bahwa ada hubungan antara tingkat pengetahuan, dukungan keluarga dan dukungan petugas kesehatan terhadap kepatuhan minum obat penderita hipertensi di wilayah kerja Puskesmas Segeri Kabupaten Pangkep tahun 2015.

Kata Kunci: Kepatuhan, obat, hipertensi.

ABSTRACT

The incidence of hypertension is increasing concern around the world. Medication adherence is the key to prevent complications. The study aims to identify factors associated with medication adherence of patients with hypertension in Segeri's Health Center in Pangkep 2015. The type of this research was observational analytic with cross-sectional study. The population was all hypertensive patients as much as 283 people. Samples was selected by systematic random sampling as much as 134 people. Data were analyzed using univariate and bivariate with chi-square test. The results showed that based on characteristics, the most respondents were aged 60-74 years as many as 41,8%, 69,4% female gender, the end of primary school education 53,7%, working as a housewife 40,3%, has been married 96,3% and low-income people 80,6%. The prevalence of patients whose adherence was 41.8% and the non-adherence was 58.2%. The results of chi-square test showed that there is correlation between the level of knowledge ($p=0.019$), family support ($p=0.005$) and the support of health care workers ($p=0.025$) with medication adherence. Age, employment status, income, long suffered from hypertension and type of antihypertensive therapy was not associated with adherence ($p>0.05$). Conclusion of the study that there is a correlation between the level of knowledge, family support and the support of health care workers to medication adherence of patients with hypertension in Segeri's Health Care in Pangkep 2015.

Keywords: Adherence, drug, hypertension